THE GIRLS OFFER THEIR TWO CENTS

ALLISON WILLIAMS LIKES TO FEEL LIKE A PRINCESS, JEMIMA KIRKE DRESSES SO SHE'S NOT NAKED PAGE 11

CALGARY metro®

Monday, January 21, 2013

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DISAPPOINTING DEBUT

San Jose Sharks goalie Antti Niemi makes a point-blank glove save against Calgary Flames captain Jarome Iginla, who fought off defender Justin Braun to get the shot away, Sunday, in Calgary. The Flames lost their season-opener 4-1. See story on page 17. ROBSON FLETCHER/METRO

Forgiven, not forgotten

There were some grumbles over the lockout, but most fans are happy to see the Flames back on ice PAGE 3

Qualms over bullying rule

Local school board trustee chair worries new legislation will put too great a demand on principals and teachers PAGE 4

Potato-wedge fries that are guilt free

These spicy, garlic infused potato wedges are high in flavour and low in fat PAGE 15

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Fan tribute. Oilers honour murder victim

Brett Wiese went at the things he wanted in life with pure determination — much like his idol, Edmonton Oilers rising star Taylor Hall.

Sadly, the 21-year-old Calgary victim will be there in spirit alone when his beloved Oilers drop the puck on their home opener Tuesday night; however, the team has taken the time to ensure his memory is not forgotten.

After learning Wiese, a high-achieving University of Calgary student, had been fatally stabbed while trying to break up a house-party altercation on Jan. 12, the Oilers sent a jersey with Hall's autograph along with a card from team general manager Steve Tambellini expressing his condolences.

The gesture was overwhelming for Wiese's father Jody, who shared a love for the Oil with his son and had purchased tickets for the two of them to attend Tuesday's affair against the San Jose Sharks.

"For them to take time to recognize our son, I was very proud of them and I'm proud of my son," Jody said Sunday, before adding he still plans to attend the game alongside Brett's oldest cousin, who will likely don the Hall jersey.

A team spokesperson confirmed efforts to honour Wiese Sunday, but no one was available for further comment.

Brett Wiese's funeral was held Friday in his hometown of Ponoka, and his young sister Morgan wore the Hall jersey, said their uncle Kip Wiese. All of the pallbearers also wore Oilers jerseys.

Though the Wiese family attempts to move forward, Jody admits Tuesday's game will be an emotional one.

"Brett would have wanted us to be there," he said. "We'll be up there cheering loudly and probably crying a little bit too." JEREMY NOLAIS/METRO

Fans packed the Scotiabank Saddledome Sunday, cheering and waving red glow sticks as they welcomed back the Calgary Flames and the NHL following a months-long lockout. ROBSON FLETCHER/METRO

Lockout forgiven, but not forgotten

Comeback. Fans return in droves to Calgary Flames' sold-out season opener at home

ROBSON FLETCHER
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There was still some grumbling about the lockout, but, for the most part, Calgary Flames fans were just happy to see NHL hockey return to the Scotiabank Saddledome on Sunday.

"We're glad to be back watching hockey," said season-ticket holder Barry Swan as he took his seat with his daughter and two young grandchildren. "We had no sympathy for players or owners through the lockout. We had sympathy for the popcorn vendors who didn't have a job."

That said, he added: "We were always coming back. We weren't tearing up our season tickets."

Swan was one of more than 19,000 people who packed the Saddledome for the Flames' first game of the shortened NHL season.

The team helped lure fans back by cutting food and merchandise prices in half.

"This 50 per cent off everything is great," said Nav Hari, a devoted fan who attends as many games as he can.

His friend Trey Davis described the lockout as "depressing" but said it wouldn't keep him away from the NHL, now that the labour dispute is over.

"I'm a hockey fan so I'm always going to come back, no matter what," he said.

Both had moderate hopes for the Flames this season.

"If they can make the playoffs and go on a run, I'd be happy," Davis said. "Especially with the first half of the season being gone."

Games

- The Calgary Flames lost their first game of the shortened NHL season to the San Jose Sharks by a score of 4-1.
- The Flames' next home game is Monday night, starting at 7 p.m., against the Anaheim Ducks.

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Trustee concerns linger on province's bullying legislation

Uncertainty. Not clear if educators will be legally required to keep tabs on students outside of school

JEREMY NOLAIS
jeremy.nolais@metronews.ca

Battling bullying in Calgary public schools will be a priority going forward, but the board's trustee chair worries new legislation will put too great of a demand on principals and teachers.

The Education Act, formally introduced in the Alberta legislature last October, carries some hardline rules on classroom and schoolyard bullies and appears to give teachers and principals new jurisdiction to intervene in matters of abuse occurring off board property and online.

What's not clear, according to Calgary Board of Education trustee chair Pat Cochrane, is whether educators will be legally required to keep tabs on all of their students away from school.

"When we read the act, it concerned us, because it does kind of sound like the principal is responsible for what a kid's doing in their bedroom at two in the morning," Cochrane told Metro, before adding a personal opinion. "I don't know how we can expect our principal to take that on."

The act was introduced on the heels of the suicide of B.C. teen and bullying victim Amanda Todd, a tragedy that gained international attention and seemed to override much of the opposition to bullying provisions in the act.

Interviewed about the bullying provisions in October, Education Minister Jeff Johnson said they "outlined expectations for both students and school boards to prevent bullying, (to) take action when it happens and protect children from the horrible consequences of bullying whether it happens in the schoolyard, on buses, or online."

Statements like that appear to unsettle Cochrane somewhat. Her opinion of the bullying measures is the first from a trustee since the Education was formally introduced; however, members previously outlined similar concerns to past Education Minister Thomas Lukaszuk in a March 2012 letter.

At the time, trustees urged for a more flexible approach and Cochrane was quick to point out that, as long as criminal charges are not involved, the board needs to protect the bullying victim but also provide assistance to their tormenter.

"They're all our kids," she said.

Timeline

- **Provisions.** Alberta Education spokesperson Tim Chamberlin said specific regulations will be developed concerning the bullying provisions; however, no timeline has been set for consultation on those.
- **Spring.** Discussions on other items in the act will begin in greater detail in the spring, he said.

Pat Cochrane, Calgary Board of Education trustee chair, worries wording of anti-bullying measures in the new Education Act will put too much pressure on educators. METRO FILE

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311. Mobile app and push notifications on their way from city

Calgary's 311 service is set to be revamped in 2013 with the introduction of a mobile app and "push notifications" to update citizens on the status of their requests.

Ald. Peter Demong, who last year put forward a motion to improve the city's heavily used but sometimes clunky 311 service, expects the app to launch in some capacity by the spring.

The city plans to "fully implement" web and mobile 311 service by the end of the year, according to a new report.

By September, the city also plans to provide updates via email and mobile devices on how service requests are coming along.

That would be a major improvement over the current system, according to Calgary resident Mike Warren, who said he's been mystified as to the status of some of his previous service requests.

"The more information you get from 311, the better it would be," Warren said.

Demong said residents have been routinely frustrated to hear a service request is "closed" when in reality the problem has been an added to a city to-do list but has yet to be actually fixed.

The new system, he said, will keep citizens more in the loop.

"We're trying to let people know what's happening and when it's happening."

ROBSON FLETCHER/METRO

Calgarians will no longer need to dial 311 from their phones when a new mobile app launches later this year, says Ald. Peter Demong. ROBSON FLETCHER/METRO

Because of You

Local guitarist plays on Obama tribute song

A longtime Calgary blues guitarist and a pair of Canadian songwriters have created a tune dedicated to U.S. President Barack Obama that is said to have made its way through diplomatic channels all the way to the White House.

Because of You is co-written by Canadians Peter Lamarr and Grant Van Dyke, with the musical arrangement and production done by Calgarian Gary Martin.

It is scheduled to be played at the Calgary Democrats Abroad inauguration party Monday night. THE CANADIAN PRESS

Air ambulance

STARS raises record amount

It appears STARS air ambulance service will keep flying high in the province after a record-breaking gala event late Saturday.

About 1,200 people packed into Calgary's BMO Centre for the 19th annual STARS & Spurs Gala and more than $1.1 million was raised. METRO

‘Numerous’ new bodies found at Algerian gas plant

Terrorism. Saturday assault on desert refinery leaves all 32 militants dead, as well as all seven hostages claimed by kidnappers

Algerian bomb squads scouring a gas plant where Islamist militants took dozens of foreign workers hostage found “numerous” new bodies on Sunday as they searched for explosive traps left behind by the attackers, a security official said, a day after a bloody raid ended the four-day siege of the remote desert refinery.

The official, who spoke on condition of anonymity because of the sensitivity of the situation, said the bodies were badly disfigured and difficult to identify.

“The bodies could be either Algerian or foreign hostages,” he said.

Algerian bomb squads scoured the plant for explosive traps on Sunday.

ECHOROUK ELYAOUMI/THE ASSOCIATED PRESS

Algerian special forces stormed the natural gas complex in the Sahara desert on Saturday to end the standoff, and the government said all 32 militants were killed. Earlier Sunday, Algeria’s chief government spokesman said he feared the toll of hostages — which stood at 23 on Saturday — would rise as the special forces teams finished their search.

One American, a Texan — Frederick Buttaccio from the Houston suburb of Katy — was among the dead. U.S. officials told The Associated Press that Buttaccio’s remains were recovered Friday.

“They had decided to succeed in the operation as planned, to blow up the gas complex and kill all the hostages,” said Communications Minister Mohamed Said, speaking on a state radio interview.

An audio recording of Algerian security forces speaking with the head of the kidnappers, Abdel Rahman al-Nigiri, indicates that the hostage-takers were trying to organize a prisoner swap with authorities.

THE ASSOCIATED PRESS

Oath of office. President Barack Obama sworn in, faces tough second term

A still-popular Barack Obama took the U.S. presidential oath of office for a second term on Sunday, facing a troubled future but hoping to leave behind a battering four years at the helm of a government mired in ugly political division.

When Obama first took office as the 44th U.S. president, many Americans hoped the symbolism of the first black man in the White House was a turning point in the country’s deeply troubled racial history. Obama vowed to moderate the partisan anger engulfing the country, but the nation is only more divided four years later, perhaps as deeply as at any time since the U.S. Civil War 150 years ago.

Obama was sworn in by Supreme Court Chief Justice John Roberts during a brief ceremony with his family in the White House Blue Room, meeting the legal requirement that presidents officially take office on Jan. 20. Because that date fell on a Sunday this year, the traditional ceremonies surrounding the start of a president’s term were put off to Monday, which will coincide with the birthday of revered civil-rights leader Martin Luther King.

Barack Obama is sworn in alongside his wife in the Blue Room.

LARRY DOWNING, POOL/THE ASSOCIATED PRESS

On Monday, he will repeat the oath and give his inaugural speech on the steps of the U.S. Capitol.

In his second term, Obama faces bitter confrontation with opposition Republicans over gun control, avoiding a default on the nation’s debts, cutting the spiraling federal deficit and preventing Iran from building a nuclear weapon. THE ASSOCIATED PRESS

New Mexico

Teen charged in death of five

A teenage boy fatally shot two adults and three children inside a New Mexico home, authorities said Sunday.

The teen, who police believe to be about 15 years old, was arrested and faces murder and other charges in connection with the shootings Saturday night, Bernalillo County sheriff’s spokesman Aaron Williamson said.

THE ASSOCIATED PRESS

83-year-old

Barbara Walters hospitalized

Veteran ABC newswoman Barbara Walters has been hospitalized after falling at an inauguration party at the residence of Britain’s ambassador to the United States.

ABC News spokesman Jeffrey Schneider says the 83-year-old Walters fell Saturday night on a step, cut her forehead and went to a hospital “out of an abundance of caution.”

THE ASSOCIATED PRESS

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Celebs flash some cheek for views on Keek

Social media. Canadian video microblogging service attracts bevy of Kardashians — not to mention JWoww's butt

A Canadian social media start-up company is hoping to become the Twitter of video.

With Toronto-based Keek, users can watch and send short video clips of up to 36 seconds and label them with descriptions of up to 111 characters.

"The original idea was to use video ... as a form of communications with your social network, kind of like a social microblogging video platform," says CEO Isaac Raichyk. "It's just long enough for somebody to tell a story but short enough for people who watch and digest a lot of videos."

The service has caught the attention of some high-profile celebrities including Kim Kardashian, her sisters Khloe and Kourtney and her half-sisters Kendall and Kylie Jenner. They all are among the most viewed and followed users on Keek, which means "a peek or glance", according to Oxford.

Other active users include rappers 2 Chainz and Soulja Boy, Jersey Shore star Jenni "JWoww" Farley and Pretty Little Liars stars Ashley Benson and Canadian Shay Mitchell.

JWoww racked up nearly 400,000 views each for two different videos responding to a recent bit of bad publicity. While co-hosting MTV's New Year's Show, photographers snapped a few unflattering shots of her short dress riding up, which were quickly posted to gossip sites online.

She posted her response to Keek, in which she appears in her underwear and high heels.

THE CANADIAN PRESS

Quick! To the $4.2-million Batmobile!

Just how valuable is the Caped Crusader's ride? The original Batmobile from the 1960s television series Batman, shown in Los Angeles in this October 2012 photo, sold at auction Saturday for $4.2 million US to an undisclosed bidder. The car's owner, famed auto customizer George Barris, transformed a one-of-a-kind 1955 Lincoln Futura concept car into the sleek crime-fighting machine that was used in the series that starred Adam West. On the show, the 19-foot-long, bubble-topped car boasted lasers and a Batphone and could lay down smoke screens and oil slicks.

COURTESY BARRETT-JACKSON/GEORGE BARRIS/THE ASSOCIATED PRESS FILE

Canada's not ready to handle used CFLs, report says

Use of CFLs will skyrocket as a ban on incandescent bulbs takes effect next January. But CFLs contain mercury, and a new report says there aren't enough facilities in place to keep them out of landfills. ADRIAN WYLD/THE CANADIAN PRESS

Canada's mercury-waste facilities are either patchwork or non-existent as millions of light bulbs containing the highly toxic chemical are set to flood the marketplace.

That's a key finding of a report commissioned by Environment Canada in the run-up to a major change in the way Canadians light their homes.

Beginning next January, a new regulation will effectively ban the sale of standard incandescent bulbs in favour of energy-efficient versions, most of which contain mercury.

So-called compact fluorescent lamps, or CFLs, will also enter the waste stream as they break or burn out, many destined for landfills where their harmful mercury can get into the water.

Bulb ban

- As of Jan. 1 next year, 75- and 100-watt incandescent bulbs will be effectively eliminated from store shelves, with 40- and 60-watt versions to follow Dec. 31.

Environment Canada says the mercury contained in a typical thermometer can contaminate five Olympic-size swimming pools to toxic levels.

Ironically, the ban on incandescents is partly designed to reduce mercury in the environment because old-style light bulbs are inefficient, and require more electricity from the burning of coal and other fossil fuels that can emit mercury into the air.

"Currently municipalities do not store mercury — most of it ends up in landfill," says a report commissioned from Summerhill Impact, an environmental firm in Toronto.

The Aug. 31 study also found no national or industry-wide standards for the handling of mercury waste.

THE CANADIAN PRESS

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QUEUE-JUMPING IS SYMPTOM OF FAILING HEALTH-CARE SYSTEM

HIGH PLAINS DRIFTER
James Callsen
calgary@metronews.ca

I hate waiting in line.

In my younger days, before I wised up and stopped going to nightclubs, there was nothing I hated more than waiting in line at the door. Standing there for what seems like hours to get inside a dark, smelly, loud building with watered down booze was brutal.

What made matters even worse was when I would see someone walk up to the bouncer, shake his hand and walk in. Clearly his friend, the guy would clear the line without waiting. Everyone in line accepted this as the way things go down when you "know someone." It's not fair, it's not right, but that's the way it is.

Looking at the cause

We need to get past the outrage in the queue-jumping scandal and get down to the crux of the issue, which is the cold, hard fact that health-care delivery sucks and changes are needed to make it better.

"Knowing someone" or "having a hook up" is one of the finest pleasures in life. Be it for tickets, a deal on a major purchase or help with a service, if we can get a leg up, we generally take it, right? Is this not basic human behaviour?

Then why are we so shocked about stories constantly filtering out of the ongoing queue-jumping inquiry? Particularly as they involve a government that has essentially been given carte-blanche to do as it pleases by Alberta voters since the 1970s?

Is it wrong? Yes. Is it unfair to everyday Albertans who are battling insanely long wait times to see specialists or get treatment in emergency rooms? Absolutely. But ask yourself, is it really surprising that someone in a position of power used their influence to help a friend, colleague or loved one?

And then ask yourself if you were in need of surgery, examination or imaging and had a friend or loved one who was influential within the government or health-care system, would you turn down an opportunity to help yourself?

We need to get past the outrage in the queue-jumping scandal and get down to the crux of the issue, which is the cold, hard fact that health-care delivery sucks and changes are needed to make it better.

Don't think for a second that I'm advocating for all guilty parties in this inquiry to be let off scot-free, or that queue-jumping doesn't matter.

But the takeaway from all of this is, when all is said and done, is that queue-jumping is a symptom of a broken health-care system and until we try something new, the current system will continue to be exploited by those behind the scenes.

Ice jump gets frosty reception

EFREM LUKATSKY/THE ASSOCIATED PRESS

Epiphany celebration

Baby, it's cold in the ice hole

A man jumps into an ice hole in the Dnipro River, as others wait for their turn, as part of the celebration of the Epiphany in the town of Vyshgorod outside the capital Kyiv, Ukraine, on Saturday.

Orthodox believers celebrate the holiday of the Epiphany on Jan. 19, and traditionally bathe in holes cut through thick ice on rivers and ponds to cleanse themselves with water deemed holy for the day. THE ASSOCIATED PRESS

Orthodox Christians

There's method behind madness

The traditions also continued at Moscow's Red Square, at Tyarlevo village just outside St. Petersburg and in Minsk, Belarus.

The religious holiday Epiphany is celebrated by Orthodox Christians according to the Julian calendar on Jan. 19.

Epiphany Day celebrates the baptism of Jesus, which took place in the River Jordan, and is held in Russia, which uses the Julian calendar. Orthodox Christians in Lebanon, Egypt and Syria follow the same tradition based on the Julian calendar. Churches that follow the Gregorian calendar celebrate the feast on Jan. 6. METRO

Online

Watch the video at metronews.ca.

Alzheimer's disease

Brain pacemakers being tested

It has the makings of a science fiction movie: Zap someone's brain with mild jolts of electricity to try to stave off the creeping memory loss of Alzheimer's disease.

And it's not easy. Holes are drilled into the patient's skull so tiny wires can be implanted into just the right spot.

A dramatic shift is beginning in the disappointing struggle to find something to slow the damage of this epidemic: The first U.S. experiments with 'brain pacemakers' for Alzheimer's are getting under way. Scientists are looking beyond drugs to implants in the hunt for much-needed new treatments.

The research is in its infancy. Only a few dozen people with early-stage Alzheimer's will be implanted in a handful of hospitals. No one knows if it might work or how long the effects might last. THE ASSOCIATED PRESS

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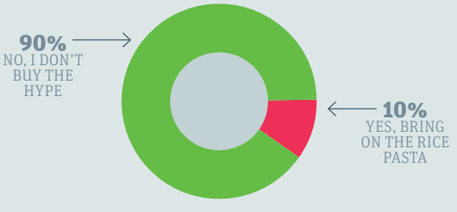

Twitter

@essexboykev: Back to it like it was never gone. #hockeyisback #Flames #yyc

@aspirepixel: so even if I had cable, I can't watch Flames!? screw that! found a stream.. settling in #yyc

@KevinsBoyer: Well whistler. It's been interesting. Definitely see you later this year. Until then it's back to #yyc and then maybe even #yeg

@macsmith26: pumped to see "Fire Starter" is back as the Flames intro song. #yyc #NHL

@BritishRaj: Looks great outside,right? Nice,bright & sunny (or so it seems).Throw on your summer shorts & tshirt & enjoy the -15 winter chill :p #yyc

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Girl talk

Interview. Girls stars Allison Williams and Jemima Kirke dish on their characters' sartorial choices, their dorky style moments and finally dressing like adults

TINA CHADHA
Metro World News in New York

Allison Williams

On Marnie's style: "She leans toward conservative stuff and she makes me look adventurous — although I'm really not. I wish clothes would just fit her better. Any mistakes in fitting are 100 per cent on purpose, though. It's supposed to look like you bought a thing off the rack and it fits the way it fits."

Her personal style: "I like colour a lot. I'm interested in different cuts. I love the way (peplum) looks, but I've also worn more princessy things. Day-to-day, I'm a jeans, boots and oversized sweater girl."

Dorkiest fashion moment: "I went up to Jason Wu at the restaurant Perilla and I just introduced myself to him cold. I was like, 'I understand that it's probably intrusive and you're with your family, but I wanted to say that I think you're a genius.' He was so gracious."

Getting red carpet-ready: "It's really fun. It makes me feel like a princess. I have to rein it in. I recently went into a fitting and there was a rack of clothes of my stuff and there was another rack of fluffy, big gowns and my stylist was like, 'No, Allison. No. You're not a debutante.'"

A whole new kind of access: "I've had the pleasure of cultivating relationships with some designers so I can say, 'Listen, do you have something that I can wear to this thing tonight?' Acting is my first love, but the fact that I get to wear cool clothes and get to know myself better through what I wear in real life, that's such a pleasure."

Her dad, Brian Williams, is her unofficial stylist: "He has a really good eye. He's an esthete and he sees people in the things that he sees in stores. He looks at them and thinks, 'That looks like Allison.'"

Jemima Kirke

Jessa's look is based on her own: "I think it's like a caricature of how I dress in real life or maybe even a way that I used to dress for a minute in my life. Or it might be the way Lena used to look at the way I dressed and how she pictured styling my outfit in her head the next day."

Her personal style: "Well, that's gone out the window since I've had children. I just put on clothes so that I'm not naked during the day. I used to change my outfit maybe once in the day. Now sometimes I have on the same outfit for two days."

Dressing like an adult: "As I start to feel more like an adult, I start to shop at more brand names, which I never did. It was vintage or stuff I had forever or my mother's stuff. But now that I'm getting older, I can't get away with the T-shirt with the hole in it."

Where she shops: "Bird and Smith and Butler, in Brooklyn."

Jessa's bohemian wedding dress: "You know who made that dress? My mom. Don't get me wrong, she didn't sit there and sew it. She has a shop called Geminola in the West Village. Half of it, she designs, and half of it is antique and vintage clothing."

What she's loving: "Chanel made these creeper shoes. They are like a spin on the punk creeper shoe. They're beautiful and awesome but I can't wear them. I'm just not style-conscious like that anymore. I just don't wear statementy things. I don't wear loud things. I just wear what looks nice. I'm not wearing mom jeans, though."

Lena Dunham, Jemima Kirke and Allison Williams enjoy a Girls night. GETTY IMAGES

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Is Deception NBC's Revenge?

New series. If Donnie Brasco and the movie Sabrina had a baby, it would be this show, says its writer and producer

NED EHRBAR
Metro World News in Hollywood

Meagan Good and Victor Garber star in Deception. HANDOUT

Murder, wealth, scandal, double-crossing and double identities. It's the stuff that's made Revenge a guilty-pleasure hit for ABC, so no one could blame NBC for wanting a piece of the action. But writer and executive producer Liz Heldens insists there was no directive to make a Revenge for NBC when she created Deception, the network's new murder-mystery nighttime soap.

"No one said that," Heldens says. The show's twisty tale — of Joanna, an undercover cop (Meagan Good), returning to the estate where she spent her childhood to investigate the murder of a wealthy socialite — gets its inspiration from a finer pedigree. "I was sort of thinking about how could you do an undercover show with a female protagonist, and at the same time NBC was looking for a soap," Heldens explains. "And so then I sort of thought could Donnie Brasco and the movie Sabrina have a baby? And so they did. So that was how it happened."

The material was juicy enough to attract Victor Garber back to television. The veteran stage actor, currently receiving raves on the big screen in Argo, is always up for playing characters with a secret, as he proved in his run on Alias for five seasons.

"You know, to me acting was always about revealing what's going on beneath, and there's always a subtext in every scene," Garber says. "There's always something else. You say something but you mean something else, and the great thing about Deception and why the title is so apt is that nothing is as it seems. When I read the script, I thought, 'I understand this because I lie all the time' — not really, not really, calm down. I just loved the idea of being somebody who has so much going on, who has to compartmentalize, and we all know people like this. And for some reason it just comes naturally to me, and I've always thought that's what acting was. Because ultimately at the bottom there has to be truth, and usually people are doing something and thinking something else. That's just the way I live, frankly."

Of course, kicking off a new show circling a central mystery — here the murder of socialite Vivian Bowers — doesn't come without its potential pitfalls, as writers behind shows from Twin Peaks to the Killing have learned the hard way. But Heldens has a plan, she insists. "As far as the mystery, I think the plan that we've always had in our heads is to reveal to the people watching, to the audience, who the killer is, and Joanna will probably have a pretty good idea" by the end of the first season, she says. "And the second season is about proving it."

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

J.J. Abrams and Armstrong make the perfect pair?

THE WORD
Dorothy Robinson
scene@metronews.ca

Lance Armstrong and Hollywood have always been pretty tight.

He and the puppy-eyed Jake Gyllenhaal would go bike riding together; he's been buds (and Austin neighbours) with Matthew McConaughey for years, and the guy was even engaged to Sheryl Crow.

But now it looks like Hollywood — where liars and cheats usually thrive — is turning its tanned back on the disgraced cyclist.

After his bombshell interview with Oprah, stars took to Twitter to express their disdain.

Carson Daly tweeted, "He is a cheater and liar. I'm embarrassed that I was such a fan for so long."

Meanwhile, Seth Meyers joked, "Say what you will, he's still the Lance Armstrong of d-ckheads."

Perhaps Piers Morgan was just bitter that Oprah got the interview over him when he wrote, "The fact @lancearmstrong admits he had to look up what the word 'cheat' means, says all you need to know about the man. #LiveWrong."

But there's one person in L.A. that is hot to trot for Armstrong's story — J.J. Abrams.

The Star Trek director and Lost co-creator is reportedly set to produce a film about Armstrong's life, according to the Hollywood Reporter. Abrams and Paramount Pictures recently acquired the rights to New York Times sportswriter Juliet Macur's book Cycle of Lies: The Fall of Lance Armstrong, which is set to be released in June.

Sony Pictures has been working on a much more complimentary Armstrong movie for years, with Jake Gyllenhaal reportedly attached to star at one point.

Those plans were scrapped after Armstrong was stripped of his Tour de France titles in August of 2012.

This is a perfect pairing. After all, Abrams and Armstrong are two figures famous for spinning wheels and disappointing endings.

Michael J. Fox. ALL PHOTOS GETTY IMAGES

Michael J. Fox patches things up with Swift

Michael J. Fox doesn't want Taylor Swift anywhere near his 23-year-old son, Sam, he told Vulture, responding to a joke by Tina Fey about the serial-dating Swift going after Sam during the Golden Globes last week.

"I don't keep up with it all," Fox said. "But Taylor Swift writes songs about everybody she goes out with, right? What a way to build a career."

He admits he wouldn't be able to identify Swift if she did end up at a family dinner on his son's arm, but that the inevitable break up song would tip him off.

"'Sam, You Piece of Sh—.' Oh, that was the girl you brought home," he jokes.

But Swift has apparently been able to patch things up with the Fox clan rather quickly. "Hey everybody, Michael J. Fox got in touch with me today and we are good. Thank you for having my back," she tweeted.

Radcliffe has relationship outed

Daniel Radcliffe is reportedly dating his Kill Your Darlings co-star Erin Darke, something the British actor was hoping to keep under wraps. But he wasn't doing that great a job of that this weekend at the Sundance Film Festival, where Radcliffe was spotted getting cosy and even sharing a kiss with Darke, according to People magazine.

Quote

"They've been dating for a while."

Source

One source close to the film identified Darke as Radcliffe's girlfriend.

"They've been dating for a while but have been debating going public."

Daniel Radcliffe

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Winter fun

Make the most of snow days this year

Snow days and longer evenings don't have to mean hibernating in front of the television all winter. The colder months are a perfect time to spend quality time together as a family.

Try some of these activities to keep your kids active and entertained:

Get your game on
Encourage kids to burn off energy by playing video games that promote exercise. Choose games that engage your whole body like Just Dance or Sports Champions for PlayStation. Or, if you have enough room, set up an indoor hopscotch court or play a traditional game of hide and seek.

Fun with forts
Going to the playground isn't an option during the winter, but building a fort is definitely the next best thing. Help kids use blankets and couch cushions to build a castle, a cave or whatever they can imagine. As a bonus activity, have them draw pictures of how they imagine the fort, complete with creatures who would live there.

Blast boredom with books
Cuddling up with your kids to read books is a great way to spend quality time together. Don't limit it to story books. Consider searching for words together in a word search book, or search for Waldo in a picture book. Or for something completely different, check out Wonderbook: Book of Spells for PlayStation. This book uses augmented reality to transport your family to a virtual classroom to learn spells from the world of Harry Potter. NEWS CANADA

Exclusively online

- Mommy finds it a little unsettling that you're already more tech savvy than her, although she does appreciate that you've helped her discover 90 per cent of her iPhone's functionality. Follow along with the comedic (mis)adventures of mommyhood online with Reasons Mommy Drinks at metronews.ca/voices

Parenting resolutions for 2013

Family. A few tips to keep in mind this year from the author of The Mom Book

DOROTHY ROBINSON
Metro World News in New York City

Motherhood is one of the hardest jobs around, and you can't even list it on your resumé.

Here are some tips from Stacy DeBroff, author of The Mom Book and founder and CEO of Mom Central, Inc., a company devoted to providing pragmatic advice to strengthen and simplify the lives of busy families.

Make time to replenish your energy
Between post-holiday exhaustion, the winter blues and the normal frenetic pace of parenting, moms often find their energy depleted at the start of a new year.

Make 2013 the year you carve out time to take care of yourself, whether you kick-start your long-dormant book club, sign up for an exercise class or explore your inner creativity with a new artistic endeavor like photography or ceramics.

Most importantly, resolve to keep these efforts up as the year progresses.

Help kids understand that electronics aren't a constitutional right
With kids spending hours each day online and texting at every opportunity, they live much of their lives in digital rec rooms.

This year, remember that even digital natives need limits, so set sound guidelines with them. Establish timing parameters on when they can and can't go online, keep computers only in public spaces like the kitchen or family room and make sure kids share social media passwords with mom and dad.

Stay true to yourself
While moms typically develop their own parenting beliefs and style over the years, it remains a challenge to stay true to these principles when you discover that other parents have a very different approach.

Even if you learn — or your kids tell you — that other moms buy laptops for kids once they start fifth grade or let them stay home alone, stand firm and parent according to what you believe.

Stay true to your parenting principles, even if you discover other parents have a different approach, says Stacy DeBroff, author of The Mom Book. ISTOCK IMAGES

For the dads

The Honourable Gregory W. Slayton, parent expert, former U.S. ambassador and author of Be A Better Dad Today: Ten Tools Every Father Needs, shares some tips about parenting:

Commit to dinner at least twice a week: It's not difficult and statistically it's proven to be very important. Even if you're a divorced or single dad, you need to make sure you sit down and really have dinner with your children. Don't look at your phone, don't read the paper. Talk. And do it twice a week.

Do something fun with your family at least once a week: In addition to dinner, be sure to do something else. Go to a park, go fishing, go to a museum or go on a bike ride. Doing fun things with your kids is important and contributes to their well-being and sense of self-esteem. It's vital to you and your children and has the bonus of being enjoyable.

Learn more about fatherhood: Fatherhood is one of the least understood roles that we have as men today. There are thousands of books out there about being a better businessman and self-help books by the gazillion. But when it comes to fatherhood, there are very few books out there. That's why I wrote mine, I didn't have a father when I was growing up and didn't have any guidance. Commit to learning more about fatherhood and improving your growth as a parent.

Research shows that a diet high in fast food might affect immunity. ISTOCK IMAGES

Fast food linked to more health problems in kids

Consuming three or more servings of fast food per week is linked to allergic asthma, eczema and rhinitis in children, respiratory journal Thorax says.

The findings are supported worldwide — the researchers studied data from more than 319,000 13- and 14-year-olds in 51 countries, and more than 181,000 six- and seven-year-olds in 31 countries.

The young people and their parents were asked about their diets and if they had symptoms of asthma, runny noses, itchy eyes and eczema.

The researchers found that the only food type that showed the same symptoms across both age groups — notwithstanding gender or wealth — was fast food.

The study's authors say that a diet high in fast food contains high levels of saturated and trans fatty acids, which affect immunity.

They note that the results do not indicate cause and effect, but that they do warrant more investigation.

MEREDITH ENGEL/MWN

Cut the fat with garlicky, spicy Potato Wedge Fries

This recipe serves 6. MARK SHAPIRO/ROSE REISMAN'S COMPLETE LIGHT KITCHEN

ROSE REISMAN
for more, visit
rosereisman.com

These are the best and healthiest french fries you'll ever eat — forget deep-fried fast-food fries that can contain more than 20 grams of fat for a small serving.

Experiment and use any seasonings you like. You can cut the potatoes early in the day, as long as you keep them in cold water so they won't brown.

One serving of these fries (four wedges) is only 156 calories with 5.3 grams of fat.

Ingredients

- 3 large baking potatoes, scrubbed
- 2 tbsp olive oil
- 1 tsp minced fresh garlic
- 2 tbsp grated Parmesan cheese
- 1/4 tsp chili powder
- 3 tbsp chopped fresh parsley

1. Preheat the oven to 375 F. Spray rimmed baking sheet with cooking oil.

2. Cut each potato lengthwise into 8 wedges. Place on the prepared baking sheet.

3. Combine the oil and garlic in a small bowl. Combine the cheese and chili powder in another small bowl. Brush the potato wedges with half the oil mixture, then sprinkle with half the cheese mixture.

4. Bake for 20 minutes. Turn the wedges; brush with the remaining oil mixture and sprinkle with the remaining cheese mixture.

5. Bake for another 20 minutes, or just until potatoes are tender and crisp. Sprinkle parsley on top.

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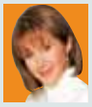

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Starbucks doesn't just have a wide range of delicious drinks. It also offers sweet treats, but some are better than others.

Starbucks Banana Loaf

430 calories, 17 g fat
Banana loaf sounds nutritious, but this is similar to a high-calorie and high-fat muffin. The oil, sugar and eggs are the guilty ingredients.

Equivalent

A slice of Starbucks banana loaf is equivalent to 19 Hershey kisses in calories.

Starbucks Marshmallow Dream Bar

210 calories, 4 g fat
This may not be nutritious, but in terms of calories and fat it's a much better choice.

Raclette is the new fondue — perfect for casual parties

Ingredients

- 2 lbs new or fingerling potatoes
- Kosher salt
- 1/2 cup rice or sherry vinegar
- 2 tbsp sugar
- 1 tsp kosher salt
- 1/2 tsp smoked paprika
- 1/2 tsp ground black pepper
- 2 tbsp chopped fresh thyme
- 1 cup frozen peeled pearl onions, thawed
- 3 red bell peppers, sliced
- 1 lb green beans, trimmed
- 12 oz button mushrooms
- 4 oz prosciutto
- 4 oz dry salami, sliced
- 1 lb cooked, peeled shrimp
- 1/2 cup marinated artichokes
- 1/2 cup gherkins or cornichons
- 2 lbs raclette cheese, sliced

This recipe serves 8. MATTHEW MEAD/THE ASSOCIATED PRESS

Raclette is the perfect party food. Like fondue, it's all about melting cheese. The biggest difference is that raclette (the name of both the cheese used and the overall dish) is grilled or broiled, rather than cooked in a pot.

Typically, raclette is melted in individual portions using a special raclette grill. The cheese is then scraped onto a person's plate over a serving of boiled potatoes, pickled onions and gherkins or cornichons.

1. Heat the oven to 200 F.

2. Fill a large pot with potatoes and enough salted water to cover them by 1 inch. Bring to a boil over medium-high heat and cook for 15 minutes or until tender. Drain, then return to the pot, cover and place in the oven to keep warm.

3. While the potatoes are cooking, start the vegetables. In a medium saucepan over medium-high heat, bring vinegar, sugar, salt, paprika and black pepper to a boil, stirring to dissolve sugar and salt. In a large bowl, combine thyme, onions, red peppers, green beans and mushrooms. Pour the hot vinegar mixture over the vegetables, then set aside, stirring occasionally, for 20 minutes.

4. To serve, follow the product directions for heating and using your raclette grill. Arrange potatoes and accompaniments in bowls. Guests can heat their vegetables on the top of the grill and melt their cheese using the grill's broiler. Top potatoes with the vegetables and melted cheese.

THE ASSOCIATED PRESS

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The In-Credibility Factor

Name: Graham Hawryluk
City: Headingley, Man.
Age: 25
Occupation: President and founder of Meticulous Wood Flooring Inc.

THE IN-CREDIBILITY FACTOR
Teresa Kruze
life@metronews.ca

For Graham Hawryluk, a summer job with a flooring company at age 15 grew from a challenge into a passion.

Not even a 50-pound steel bar and bleeding, blistered hands would stop him. Starting his own company right out of high school, he thought he could keep it running while he was going to university, but when his business began to take off, he decided to postpone his degree and concentrate on his company.

Five years later, Graham has eight employees and has carved out a niche market, catering to customers who want high-end flooring.

His company is also eco-friendly — running energy efficient trucks and using water based low VOC coatings for their floors.

I knew I was on my way when ...

I knew I was on my way when a Winnipeg newspaper did a huge section that was dedicated to entrepreneurs and their businesses weathering the storm during an economic recession. Receiving recognition was a big deal for me because sometimes you feel like you're spinning your wheels where you're just getting by and making ends meet.

The article made me realize that I wasn't just surviving, I was thriving. I have eight employees and business is great.

Don't rush the reward

"My future plans call for slow and steady growth, making sure everything is manageable and to maintain the quality that we are associated with."
Graham Hawryluk

My future plans call for slow and steady growth, making sure everything is manageable and to maintain the quality that we are associated with.

Action Plan:

Have an accountant and a lawyer on speed dial

There are a lot of questions when running a business and when you have professionals at your disposal it makes life a lot easier. It's also important to surround yourself with good, honest, like-minded people and forge as many genuine relationships as possible

Grow your business slowly

As a young entrepreneur, I had stars in my eyes about fame and fortune. Grow slowly and never bite off more than you can chew.

Be real, be realistic

Be prepared that your business will be your life. Someone who has a nine-to-five job can turn it off and go home, but as a business owner there is no off-switch so you should genuinely enjoy what you do.

Graham Hawryluk's company operates the only Green Guard certified dustless refinishing system in Manitoba.
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Figure skating

Crowd loves pair's sultry ice dance

Tessa Virtue and Scott Moir captured their fifth national ice dance title at the Canadian figure skating championships on Sunday.

The two-time world champions and Olympic gold medallists scored 187.23 overall, and their dramatic and sultry "Carmen" free dance brought the capacity crowd of nearly 4,500 fans at the Hershey Centre in Mississauga, Ont., to its feet.

THE CANADIAN PRESS

Tessa Virtue and Scott Moir celebrate their gold medals on Sunday. THE CANADIAN PRESS

Tennis

Former No. 1 Wozniacki ousted

Two-time major winner Svetlana Kuznetsova has defeated former No. 1 Caroline Wozniacki 6-2, 2-6, 7-5 to advance to the quarterfinals of the Australian Open.

Kuznetsova, winner of the 2004 U.S. Open and 2009 French Open, broke her Danish opponent in the 11th game of the third set and finished the match with a backhand winner down the line.

Wozniacki lost her No. 1 ranking to Victoria Azarenka last year after falling in the quarterfinals at Melbourne Park to Kim Clijsters.

THE ASSOCIATED PRESS

Sharks forward Martin Havlat tries to score on a between-the-legs backhand shot in front of Calgary goalie Miikka Kiprusoff during the Flames' home opener on Sunday at Scotiabank Saddledome. JEFF MCINTOSH/THE CANADIAN PRESS

Flames fizzle in Saddledome opener

NHL. Calgary opens strong, but second-period letdown leads to pair of tallies from San Jose's Marleau

Home opener

Sharks	Flames
4	1

Patrick Marleau appeared to be in mid-season form, scoring twice as the San Jose Sharks opened their lockout-shortened 2013 campaign with a 4-1 win over the Calgary Flames.

The 33-year-old from Aneroid, Sask., has scored 30 or more goals in four consecutive seasons.

"You don't normally get your first goal in January," Marleau said. "It was great to be back, even though it was their home opener. Just to be in the rink and have fans cheering was something special."

Martin Havlat and defenceman Dan Boyle also scored for the Sharks, who spoiled the debut of new Flames coach Bob Hartley. Joe Thornton and Joe Pavelski each chipped in with a pair of assists for San Jose.

Antti Niemi made 31 saves to get the win. Calgary counterpart Miikka Kiprusoff, playing in his 600th career game, made 25 saves. Lee Stempniak's power-play goal in the first period was all the offence the home side could muster.

The Flames outplayed San Jose in the opening period with a 16-9 edge in shots, a couple of chances that rang off the post and a Mikael Backlund breakaway foiled by Niemi.

"We had everything in place for a great game but the bottom line, we played 40 minutes," Hartley said. "We have to show more consistency."

San Jose recovered to outshoot the Flames 14-4 in the second and took advantage of loose defence around Kiprusoff to score three times.

"That first period was a little bit of a shock, but after that the guys fell into it and you get into a rhythm," Marleau said. "It's going to be a learning curve, a little bit of rust for all teams."

The Flames were greeted warmly at Scotiabank Saddledome. Attendance was not announced, but a Flames spokesman said it was a sellout at 19,289. There were a few pairs of empty seats.

One glaring indicator of fan discontent was a sign in the lower bowl that read "We were held hostage by greed." But the sign disappeared after one period. THE CANADIAN PRESS

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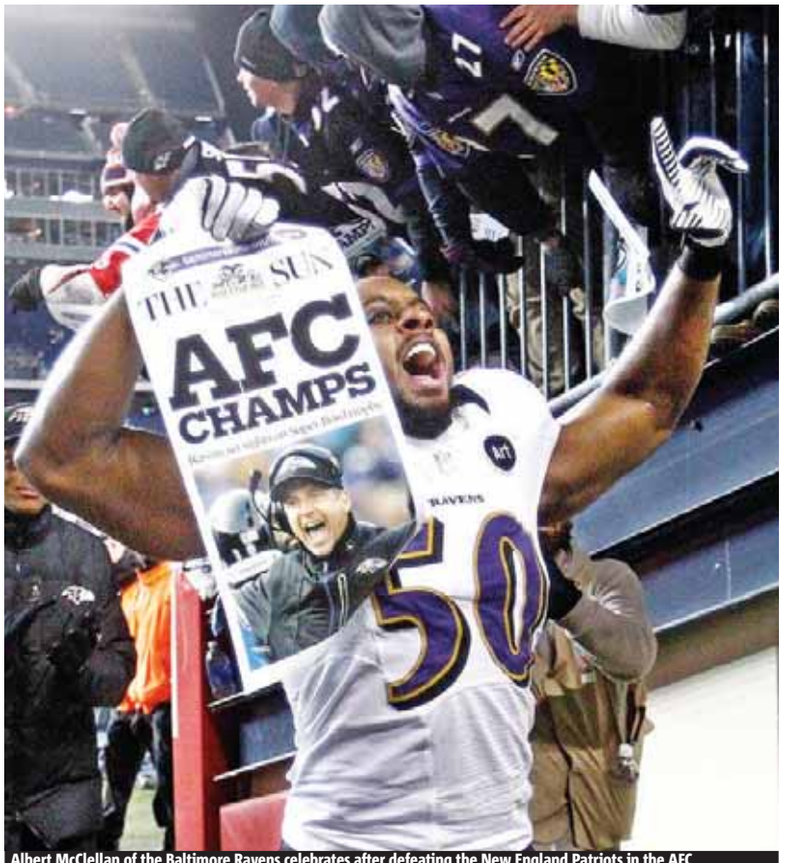
Brother vs. brother: Harbaughs to clash for championship



Albert McClellan of the Baltimore Ravens celebrates after defeating the New England Patriots in the AFC Championship on Sunday in Foxborough, Mass. JIM ROGASH/GETTY IMAGES

Super Bowl setup.
Ravens set up title date with 49ers with family pride on line for coaches

Oh, brother!

John Harbaugh and his Baltimore Ravens set up a family reunion at the Super Bowl, shutting down the New England Patriots 28-13 on Sunday in the AFC championship game.

The Ravens reached their first Super Bowl in 12 years, thanks to three touchdown passes from Joe Flacco and a defence led by Ray Lewis that made Tom Brady look downright ordinary.

Next up for Harbaugh and the Ravens is younger brother Jim and the San Francisco 49ers, who beat Atlanta 28-24 earlier in the day for the NFC title.

"I don't know if we had a dream this big," John Harbaugh said. "We had a few dreams, we had a few fights, we had a few arguments — just like all brothers."

They'll meet in two weeks in New Orleans — what a place for a party to celebrate the first brother-vs.-brother coaching matchup in Super Bowl history.

It also will be quite a last game for Lewis, the emotional linebacker who will retire after the matchup with the 49ers, who opened as a five-point favourite.

"This is our time. This is our time," said Lewis, who made 14 tackles on Sunday and has 44 in three post-season games after missing 10 weeks with a torn right triceps.

Driven by Lewis' pending departure from the NFL, Baltimore's defence stepped up in the playoffs. Brady was 67-0 at home when leading at half-time, but this was no contest in the second half.

It also was a first for the Patriots, who hadn't lost an AFC championship at home.

After they had avenged last year's AFC title game loss at Gillette Stadium, many of the Ravens gathered on the field jumping, chest-bumping and whooping before several thousand fans.

As in the previous two playoff wins against Indianapolis and Denver, the Ravens (13-6) were brilliant offensively in spots. This might be 17-year-veteran Lewis' team, but it's also Flacco's, and the QB's six road wins are the most in playoff history.

"It was pretty awesome," Flacco said. "We were here last year and thought we had it, but came up a little short. We put pressure on them like that, and it worked pretty well."

THE ASSOCIATED PRESS

Quoted

"We've lost before. It takes a while to get over."

Patriots quarterback Tom Brady

Nash sees big picture amid Lakers' struggles

Steve Nash took a pass at the high post, streaked past a couple of Toronto defenders and opened the scoring for the Los Angeles Lakers on Sunday with an easy layup.

It was the kind of play Toronto fans hoped Nash would one day make in a Raptors uniform. Instead, his lone appearance at Air Canada Centre this season came in Lakers purple and gold.

Nash considered a move north last summer, but eventually agreed to a sign-and-trade deal with the Lakers, deciding to play for a team that appeared primed for a run at a title. Los Angeles is also a short flight from Phoenix — where his three children live — and that helped seal the deal. Hollywood's gain was Toronto's loss.

"It was definitely a huge option for me, especially if the Lakers situation didn't happen," Nash said on Sunday. "But the Lakers situation, basketball-wise, I think it was a good option ... to be close to my kids and to be able to see them as much as I have this year has been priceless."

Canada's best-known basketball export returning to his home country would have been a huge catch for Toronto.

"It was difficult for me to say no to the Raptors, not just for the fans but all those people upstairs that I've known for many years," he said.

Raptors guard Jose Calderon, right, drives to the basket on Lakers counterpart Steve Nash in Toronto on Sunday. RENE JOHNSTON/TORSTAR NEWS SERVICE

Quoted

"I think that's one of the things that I maybe didn't expect is that this would be the most challenging year of my career in many ways."

Lakers guard Steve Nash

At 38, Nash is getting on in years, but he's in tremendous shape and is showing no signs of slowing down. He missed 24 games this season due to a fracture in his left leg, but has been effective since his return. Nash scored 16 points and added nine assists on Sunday, but the Lakers' recent struggles continued with a 108-103 loss to Toronto.

Los Angeles fell to 17-23 on the season. They've had three different head coaches this season. The roster is loaded with superstars including Nash, Kobe Bryant, Pau Gasol and Dwight Howard, but that hasn't led to victories.

"I'm always up for a challenge. I think it keeps you engaged and it keeps you extremely motivated," Nash said. "Just fighting every day to try to turn this thing around."

THE CANADIAN PRESS

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
Miami	26	12	.684	—
New York	25	13	.658	1
Indiana	25	16	.610	2½
Brooklyn	24	16	.600	3
Chicago	23	16	.590	3½
Atlanta	22	18	.550	5
Milwaukee	21	18	.538	5½
Boston	20	20	.500	7
Philadelphia	17	23	.425	10
Detroit	15	25	.375	12
Toronto	**15**	**26**	**.366**	**12½**
Orlando	14	26	.350	13
Charlotte	10	30	.250	17
Cleveland	10	32	.238	18
Washington	8	30	.211	18

WESTERN CONFERENCE

	W	L	Pct	GB
Oklahoma City	32	9	.780	—
L.A. Clippers	32	9	.780	—
San Antonio	32	11	.744	1
Memphis	26	13	.667	5
Golden State	24	15	.615	7
Denver	25	18	.581	8
Utah	22	19	.537	10
Portland	20	20	.500	11½
Houston	21	21	.500	11½
Minnesota	17	20	.459	13
Dallas	18	24	.429	14½
L.A. Lakers	17	23	.425	14½
Sacramento	16	25	.390	16
New Orleans	13	27	.325	18½
Phoenix	13	28	.317	19

Sunday's results
Toronto 108 L.A. Lakers 103
Dallas 111 Orlando 105
Detroit 103 Boston 88
Denver 121 Oklahoma City 118 OT
Saturday's results
Sacramento 97 Charlotte 93
San Antonio 98 Atlanta 93
Memphis 85 Chicago 82 OT
Minnesota 92 Houston 79
Golden State 116 New Orleans 112
Utah 109 Cleveland 98
Milwaukee 110 Portland 104
L.A. Clippers 94 Washington 87
Monday's games — All Times Eastern
Indiana at Memphis, 1 p.m.
Sacramento at New Orleans, 1 p.m.
Houston at Charlotte, 2 p.m.
Minnesota at Atlanta, 2 p.m.
Brooklyn at New York, 3:30 p.m.
L.A. Clippers at Golden State, 4 p.m.
San Antonio at Philadelphia, 7 p.m.
L.A. Lakers at Chicago, 9:30 p.m.
Washington at Portland, 10 p.m.

RAPTORS 108, LAKERS 103

L.A. LAKERS (103)
Bryant 10-32 3-3 26, Gasol 10-15 5-6 25, Nash 5-11 4-4 16, Clark 6-10 1-2 14, World Peace 3-9 1-1 9, Jamison 2-6 0-0 5, Howard 1-3 3-4 5, Morris 1-1 0-0 2, Duhon 0-1 1-1 1. Totals 38-88 18-21 103.
TORONTO (108)
Calderon 9-15 3-3 22, Fields 8-11 2-4 18, Davis 9-13 0-2 18, Anderson 5-13 1-2 14, Johnson 4-6 1-2 9, DeRozan 4-9 0-0 8, Lowry 2-3 2-3 8, Gray 2-5 1-1 5, Ross 2-7 0-0 4, Acy 1-2 0-0 2. Totals 46-84 10-17 108.

L.A. Lakers	**20**	**29**	**21**	**33 —103**
Toronto	**29**	**24**	**30**	**25 —108**

3-Point Goals—L.A. Lakers 9-27 (Bryant 3-12, World Peace 2-6, Jamison 1-4, Nash 2-3, Clark 1-1, Duhon 0-1). Toronto 6-20 (Anderson 3-7, Calderon 1-4, Ross 0-4, Lowry 2-3, Fields 0-1, DeRozan 0-1).
Rebounds—L.A. Lakers 37 (Clark 14, Jamison 5, Gasol 5, Bryant 4, World Peace 3, Duhon 2, Howard 2, Nash 1, Sacre 1). Toronto 40 (Fields 10, Johnson 8, Davis 8, Lowry 4, DeRozan 3, Calderon 2, Gray 2, Anderson 2, Ross 1). **Assists**—L.A. Lakers 20 (Nash 9). Toronto 27 (Calderon 9).
Total Fouls—L.A. Lakers 15, Toronto 22.
Attendance—19,800 at Toronto. T—2:15

GOLF

PGA — HUMANA CHALLENGE

At La Quinta, Calif.
Par 72
Final round

Brian Gay, $1,008,000	67-66-67-63—263
Charles Howell III, $492,800	67-65-67-64—263
David Lingmerth, $492,800	68-64-69-62—263
James Hahn, $246,400	63-67-72-62—264
Scott Stallings, $246,400	66-65-63-70—264
Also:	
Stephen Ames, $22,400	**67-68-68-68—271**
Brad Fritsch, $11,424	**69-65-71-70—275**
Graham DeLaet, $11,424	**71-70-65-69—275**

NFL

CONFERENCE CHAMPIONSHIPS

Sunday's results
NFC — San Francisco 28 Atlanta 24
AFC — Baltimore 28 New England 13

SUPER BOWL XLVII

Sunday, Feb. 3 — All Times Eastern
At New Orleans, La.
Baltimore vs. San Francisco, 6 p.m.

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	2	2	0	0	9	4	4
New Jersey	1	1	0	0	2	1	2
NY Islanders	1	0	1	0	1	2	0
NY Rangers	2	0	2	0	4	9	0
Philadelphia	2	0	2	0	3	8	0

NORTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Ottawa	1	1	0	0	4	1	2
Buffalo	1	1	0	0	5	2	2
Boston	1	1	0	0	3	1	2
Toronto	1	1	0	0	2	1	2
Montreal	1	0	1	0	1	2	0

SOUTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Florida	1	1	0	0	5	1	2
Tampa Bay	1	1	0	0	6	3	2
Washington	1	0	1	0	3	6	0
Winnipeg	1	0	1	0	1	4	0
Carolina	1	0	1	0	1	5	0

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
St. Louis	1	1	0	0	6	0	2
Chicago	1	1	0	0	5	2	2
Columbus	1	1	0	0	3	2	2
Nashville	1	0	0	1	2	3	1
Detroit	1	0	1	0	0	6	0

NORTHWEST DIVISION

	GP	W	L	OL	GF	GA	Pt
Minnesota	2	2	0	0	5	2	4
Edmonton	1	1	0	0	3	2	2
Colorado	1	0	1	0	2	4	0
Calgary	1	0	1	0	1	4	0
Vancouver	2	0	1	1	5	10	0

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	1	1	0	0	7	3	2
San Jose	1	1	0	0	4	1	2
Dallas	2	1	1	0	4	4	2
Phoenix	1	0	1	0	3	4	0
Los Angeles	1	0	1	0	2	5	0

Sunday's results
Buffalo 5 Philadelphia 2
San Jose 4 Calgary 1
Pittsburgh 6 NY Rangers 3
Dallas 1 Minnesota 0
Edmonton 3 Vancouver 2 (SO)
Chicago at Phoenix
Monday's games — All Times Eastern
Tampa Bay at NY Islanders, 1 p.m.
Winnipeg at Boston, 1 p.m.
St. Louis at Nashville, 6 p.m.
Buffalo at Toronto, 7 p.m.
Florida at Ottawa, 7:30 p.m.
Detroit at Columbus, 7:30 p.m.
Anaheim at Calgary, 9 p.m.

See today's answers at metronews.ca/answers.

Horoscopes

♈ Aries
March 21 - April 20
Something you desire will be offered to you either today or tomorrow but for some strange reason you will be reluctant to take it. Maybe deep down you don't think you have earned it. What can you do to change that?

♉ Taurus
April 21 - May 21
Your confidence will receive a boost today but don't go to extremes and start believing that you can do no wrong. On the work front, especially, you still need to be cautious. Don't give your rivals an opportunity to pounce.

♊ Gemini
May 22 - June 21
There may be no such thing as the perfect day but with the Sun now moving through your fellow Air sign of Aquarius this one will come close. Good things will come to you if you let them. Believe you deserve it.

♋ Cancer
June 22 - July 23
Your no-nonsense approach will cut through other people's doubts and lay bare the facts of a situation that has been causing mayhem. Once you know what is wrong you can start looking for ways to put it right.

♌ Leo
July 24 - Aug. 23
There is something that you really want, something that you have desired for as long as you can remember – and that something is now yours for the asking. Looking back you will wonder why it took so long.

♍ Virgo
Aug. 24 - Sept. 23
It may seem as if the world is out to get you but it isn't true. Neptune in Pisces makes certain issues seem more important than they actually are. The only things that really matter are the things that make you smile.

♎ Libra
Sept. 24 - Oct. 23
You will be at your best over the next 24 hours but take care you don't come across as too domineering as that could cause unnecessary friction. Libra is the sign of relationships, so stay on good terms with everyone.

♏ Scorpio
Oct. 24 - Nov. 22
Some of your current insights may owe more to wishful thinking than to genuine intuition but is that such a bad thing? No matter how way-out your vision may be if you can imagine it you can also create it.

♐ Sagittarius
Nov. 23 - Dec. 21
You may have to give up a certain amount of independence this coming week. You may have to let friends and family guide you in the right direction. Is that so hard? If it's the right direction you should be grateful.

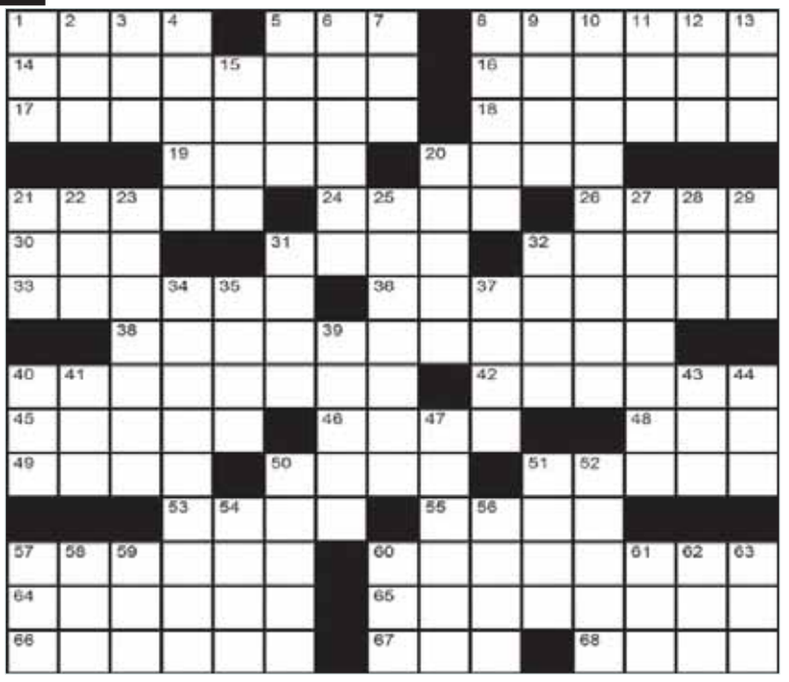
♑ Capricorn
Dec. 22 - Jan. 20
Something will come so easy to you today that you might think there is some sort of catch. And chances are you are right — there is. Neptune's influence means you cannot take anything for granted.

♒ Aquarius
Jan. 21 - Feb. 19
The Sun is now moving through your birth sign, which is great, but it does not mean you have to do everything in a rush. Spend some time today identifying your desires and drawing up your plans.

♓ Pisces
Feb. 20 - March 20
You are in one of your secretive moods at the moment and anyone who tries to find out what you are up to will be told to mind their own business. Quite right. The less others know the better it will be for you. **SALLY BROMPTON**

Crossword: Canada Across and Down

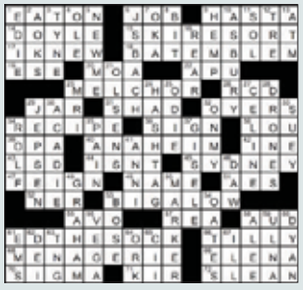
BY KELLY ANN BUCHANAN



Across
1. "Mr. Holland's __" (1995)
5. Son of Atticus in To Kill a Mockingbird
8. CBC series, "__ Air"
14. Ontario folk festival since 1961
16. Followed a recipe
17. Robert Redford's film festival
18. Kitchen outfits
19. __ Marie Presley
20. It means 'the same' in Latin
21. Dermatology tool
24. Throw the football
26. Loonies
30. _ __ mode
31. Mr. Lugosi
32. "Time in a Bottle" by Jim __
33. Switch sort
36. Newfoundland and __
38. Barenaked Ladies tune: 4 wds.
40. __ National Park, BC
42. Real
45. Rock drill
46. Jackie Wilson's "__ Petite"
48. 'Start With Trust' is this org.'s slogan
49. Glide
50. Un-evens
51. Clint Eastwood's "Rawhide" role, Rowdy __
53. Unruly crowds
55. Zen riddle
57. Puccini opera, __ Butterfly
60. Canadian puppets, Casey and __
64. Sister of Moses
65. Distinction
66. Curved stone bench in ancient times
67. Decay
68. Type of tape

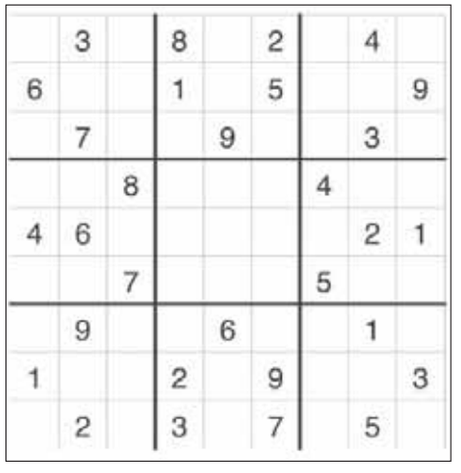
Down
1. Mantric syllables
2. "Heart and Soul" by T'__
3. Vase
4. Sashay
5. Stewart and Lovitz
6. "The Great __" (1963)
7. Ms. West
8. Mil. schools
9. Climber's need
10. RCAF search & rescue helicopter, CH-149 __
11. Boxing stat.
12. "Canada AM" co-host, Marci __
13. Li'l music keepers
15. Match
20. Singer/actor Chris
21. Chap
22. Will Smith movie
23. Bon Jovi guitarist Richie
25. Mixed, as metals
27. "Don't Speak" group: 2 wds.
28. Green
29. Sun. message
31. Welsh opera singer Mr. Terfel
32. Dundee's fave reptile
34. Lovely Rita's gig: 2 wds.
35. 911-calling reason, for short
37. "The Love __"
39. NFL units
40. PC information units
41. Tic-Tac-Toe win
43. Pres. Lincoln
44. Weight loss losses, commonly
47. Edmonton football player
50. President Barack __
51. Canadian writer Mr. Martel
52. _-__-to-know basis
54. Mr. Sharif
56. "Don't bet __!": 2 wds.
57. Montreal Mrs.
58. __-en-Provence, France
59. Music Dr.
60. Iron: French
61. Wildebeest
62. Leafs arena, commonly
63. Goaltender's defence area63. 1987 to 1994 'Star Trek' series, to fans
64. Mork's planet
65. Nero's 102
67. __-advised

Friday's Crossword

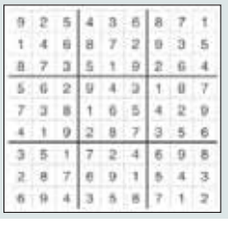


Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Friday's Sudoku



Weather

TODAY	TUESDAY	WEDNESDAY
MAX: 0° MIN: -14°	MAX: -3° MIN: -8°	MAX: -7° MIN: -9°

BT BREAKFAST TELEVISION

ANDREW SCHULTZ
METEOROLOGIST
"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta".
WEEKDAYS 5:30 AM

GOD'S PROMISE FOR ME!
Even as I have declared with my mouth that Jesus is Lord, and have believed in my heart that God raised Him from the dead, I have been saved.
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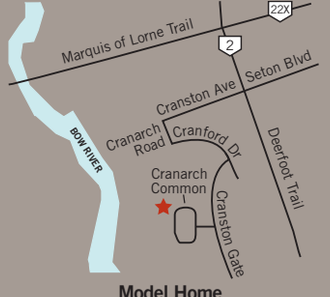

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